



DISCOVER

GROTON PARKS AND RECREATION

WINTER/SPRING 2016



**Active Programs
for the
Whole Family!**

SPEED TEST!

2

**Certified 5K
Road Races**

**Registration
Now Open for
Winter & Spring**

 grotonrec.com

FROM THE DIRECTOR



As we close out 2015 and look forward to a new year filled with new promises and possibilities, I would like to thank our community for the support Groton Parks and Recreation has received this year.

From record attendance at special events, to sharing your thoughts and ideas with us at our Focus Group, to raising your voices in support of our need for new facilities, we have been honored to see how many of you are passionate about the programs and services we offer.

We hope that the new year brings more opportunities for us to continue to offer bigger and better things to improve the quality of life of the community by promoting health and wellness for all ages, ensuring social equity to those facing

financial or physical challenges, and through conservation measures that protect our parks and open space.

Be active, be healthy!

Sincerely,

Director, Groton Parks and Recreation



Our Mission:

to provide quality leisure opportunities in a safe and healthy atmosphere and to enhance the quality of life of the community through the responsible management of fiscal and natural resources.

PARKS AND RECREATION STAFF

Parks and Recreation Admin	860-536-5680
Mark Berry, Director	
Kate Bradley, Marketing/Special Events	860-536-5007
Parks and Forestry	
Sandy Smith, Office Assistant II	860-446-5950
Recreational Services	860-536-5680
Jerry Lokken, Mgr. of Recreation Services	860-536-5682
Catherine Hoffman, Office Assistant III	860-536-5685
Terri Cedio, Office Assistant II	860-536-5680
Kirsti Zarn, Office Assistant	860-536-5680
Eileen Cicchese, Program Supervisor	860-536-5691
Ben Morse, Program Supervisor	860-536-5687
Senior Services	860-441-6785
Mary Jo Riley, Senior Center Supervisor	860-441-6636
Joanne Forgacs, Office Assistant II	860-441-6785
Kathy Williams, Office Assistant II	860-441-6785
Carol Pratt, Program Supervisor	860-441-6795
Cindy Morrison, Program Supervisor	860-441-6623
Shennecossett Golf Course	860-448-1867
Todd Goodhue, Golf Professional	
Eric Morrison, Golf Course Superintendent	860-445-6912

Email: first initial and last name@groton-ct.gov
example jdoe@groton-ct.gov

PARKS AND RECREATION COMMISSION

The Groton Parks and Recreation Commission serves as a liaison of the residents of the community for guiding the Parks and Recreation Department. The Commission wishes to provide you the opportunity to raise questions, ideas, or comments involving parks and recreation in Groton. Citizens are welcome to attend monthly meetings on the second Wednesday of each month at 7:00 p.m. at Groton Senior Center.

Jim Kamercia, **Chair**
kamercia@comcast.net

June Evered, **Secretary**
juneathome@tvconnect.net

Jeff Zuliani, **Member**
jzuliani@gmail.com

Jon Grossman, **Member**
soxfanjsmg@gmail.com

Vacancy

The Groton Parks and Recreation Commission is currently seeking applications to fill a vacant position. For more information about applying for this volunteer post, please visit www.groton-ct.gov.



DISCOVER GROTON PARKS AND RECREATION



9 - Into the Woods

Join the Pequot Woods Board of Trustees and be a voice for one of Groton's beautiful trails.



17 - Grown-up Fun

This isn't your high school gym class! Try Dodgeball this Winter and Spring for a great workout.



21 - Hit the Road

Hit the streets for 2 upcoming road races - the second annual Mystic Irish 5K and the Tour de Noank 5K Road Race and Kids Fun Run.

ON THE COVER:

Joe Forte of team Crystal Rock plays in the Eastern CT Roller Hockey League (p. 17)
Photo by Ray Arnott

CONTENTS

From the Director	2
Information & Directions	4
Bulletin Board	5
Special Events	6-7
Groton Community Garden	8
Parks & Trails	9
Trips & Travel	10
Arts & Enrichment	11
Early Childhood	12
Dance	13
Gymnastics	14
Youth Sports	15
Karate	16
Adult Sports	17
Fitness	18-20
Running	21
Boating	21
Adaptive Programs	22-23
Aquatics	24-25
Shennecossett Golf Course	26
Groton Senior Center	27
Town of Groton Resources	29
Scholarship Form	30
Registration Form	31

GROTON PARKS AND RECREATION

860-536-5680

parksrec@groton-ct.gov



grotonrec.com

Winter/Spring 2016 3

IMPORTANT INFORMATION

Residency

A resident (R) is someone whose primary residence is in the Town of Groton. Resident and non-resident (NR) registration forms may be submitted at any time.

Registration Options

- U.S. Mail
- Walk-in at Spicer House
- Drop-off box at Spicer House, William Seely, Fitch Middle, or the Groton Senior Center
- Online at GrotonRec.com/Discover

Scholarships

We are committed to providing opportunities for all residents of Groton regardless of ability to pay. See page 30 for scholarship application.

Program Grants

In addition to scholarships, one-time grants are given to qualifying people to enable them to participate in recreational programs. Please contact the office for an application and more information.

Refunds

- No refunds after the 2nd meeting of a program
- A \$15 administrative fee is charged for any money returned
- Administrative fees are waived if a class is canceled or when a refund is placed on account

People with Disabilities

All programs and activities are available to Groton residents with disabilities. **UPON REQUEST**, we provide reasonable modifications, including extra staff support when necessary, to allow your participation. Please use the comment section on the registration form or attach a separate sheet to the registration form detailing your circumstances and any assistance requested. It is also required that you complete the Inclusive Recreation Assessment, available at GrotonRec.com or from our office with your registration. This form helps us determine any necessary modifications to enable participation. Contact Eileen at ecicchese@groton-ct.gov or call (860) 536-5691 with questions.

Age of Participants

Unless otherwise noted, age refers to participant's age on the *last* day of class.

DIRECTIONS

Spicer House - 27 Spicer Avenue, Noank, CT 06340

The Parks and Recreation office is located in Noank on Spicer Avenue. For online or GPS directions, use 1 Wilbur Court, Noank.

From I-95: Take exit 88 and go south on Route 117. Turn left on US Route 1. Bear right at top of hill onto Route 215. Go past Fitch High School and turn left on Brook Street (third left). Turn right on Elm Street. Take first left onto Spicer Avenue. We are the second house on the left on Spicer Ave.

From Mystic: Take Water Street towards Noank, past Beebe Cove. Spicer Avenue is on the left. We are the second house on the left.

William Seely School - 55 Seely School Road, Groton, CT 06340

- I-95 North to Exit 86: (left exit) First right onto Route 12. Second traffic light left onto Walker Hill Rd. At top of hill, William Seely is on the left.
- I-95 South to Exit 86: At end of the off ramp bear right onto Route 12. Fourth traffic light left onto Walker Hill Rd. At top of hill, William Seely is on the left.
- Route 1 (turns into Route 12) towards Subase: At traffic light after Groton Square (Super Stop & Shop) make a left onto Walker Hill Rd. At top of hill, William Seely is on the left.

For directions to all other locations please visit GrotonRec.com

Cancellation Procedure

If schools are closed, all classes scheduled to begin prior to 3:00 p.m. are canceled. A decision to cancel afternoon and evening classes is made by 1:00 p.m. ● If schools are dismissed early due to weather conditions, classes scheduled after 3:00 p.m. are canceled. ● If schools have a delayed opening due to weather conditions, programs scheduled to begin prior to 3:00 p.m. are canceled. ● Decisions for weekend programs are made by 7:00 a.m. for morning classes and 11 a.m. for afternoon and evening classes. For cancellation information, please visit our Facebook page at Facebook.com/GrotonParksandRec or call our info line at (860) 441-6791 (press 2). **Call before you go!**

Medical Conditions

If you have a medical condition that you would like us to be aware of during your participation in our programs, please note this on your registration form.

Participant Behavior

Participants are expected to exhibit appropriate behavior at all times. Participants shall behave in a safe and responsible manner, show courtesy and respect to other participants, volunteers and staff, and treat equipment and facilities with care. We use a positive approach to behavior management. However, we reserve the right to take appropriate action based on an evaluation of each situation on its own merits.

Spicer House - Parks and Recreation Office

Telephone: 860-536-5680 Fax: 860-536-5690

E-mail: parksrec@groton-ct.gov

Website: GrotonRec.com

Facebook: Facebook.com/GrotonParksandRec

Mailing Address:

Groton Parks and Recreation
27 Spicer Avenue, Noank, CT 06340-5659
Hours: 8:30 am - 4:30 pm

OOPS!

Despite our best efforts, sometimes errors sneak into print. We apologize for any problems these errors may cause.

Satisfaction Guarantee

Groton Parks and Recreation is committed to providing the highest quality service to our customers. If you are not fully satisfied with any of our services or classes, we want to hear from you. Please give us the opportunity to resolve your issue.

BULLETIN BOARD



*Summer Camp 2016
Info coming
soon by email!*

*Don't receive our emails?
Create a household
account online at
GrotonRec.com/Discover*

SPECIAL EVENTS



Presented by

CERTIFIED 5K COURSE!

2nd Annual Mystic Irish 5K Road Race

Saturday, March 19

10 a.m.

Downtown Mystic

Activity #483308

Race with Laces! Donate \$5 to our scholarship fund to help local families in need participate in Groton Parks and Recreation programs and receive a pair of green speed laces as a thank you gift. Those who run the race with the green laces are eligible for additional prizes!

\$3 from every runner is donated to the Mystic Irish Parade Foundation!

REGISTER EARLY AND SAVE!

For more information about these and all of our fun and exciting races visit GrotonRec.com/Races

Registration Fees		
Mystic Irish 5K	Tour de Noank 5K	Tour De Noank Fun Run
Before February 19 \$20	Before May 11 \$20	Before May 11 \$5
Before March 17 \$25	Before June 8 \$25	Before June 8 \$5
Race Day—March 17 8:30-10 a.m. \$30	Race Day—June 11 8:30-10 a.m. \$30	Race Day—June 11 8:30-9 a.m. \$10

Tour de Noank 5K Road Race & Kids Fun Run

Saturday, June 11

10 a.m.

Esker Point Beach

5K Activity #383318 Kids Fun Run Activity #483109

A portion of the proceeds benefits programs for people with special needs!



CERTIFIED 5K COURSE!

Teen Ski Trip

February 15
8 a.m. - 5 p.m.
Ages 11-18

Available packages include:

First Time Experience Training Session - \$108

Mountain Experience Training Session - \$118

4 Hour Park Pass & Rental - \$96

4 Hour Flextime Park Pass (no rental) - \$67

4 Hour Tubing Pass - \$53



CELEBRATE



Host your child's next birthday party at William Seely School - it's easy and fun! Parties include classroom and gym.

For more info call
(860) 536-5680
or visit GrotonRec.com/Birthday.asp

Think Summer!

Summer 2016 Special Event sponsorships are now available! By sponsoring Groton Parks and Recreation you promote health and wellness, create a sense of community and protect and preserve Groton's natural resources. Show your support for Groton Parks and Recreation by becoming a sponsor today!

GrotonRec.com/Sponsors.asp



Shiai Spring Karate Tournament

Saturday, April 9

8 a.m. - 5 p.m.



This one-day Shiai IOGKF tournament at William Seely School consists of the following events: blocker sparring (free division) IOGKF kata, Sanbon Shou (3 Point match) and Iri Kumi ju (continuous sparring). Enrollment into the knockdown and Kobudo divisions are with the approval of Sensei only. The event is hosted by Sensei Ralph Batty Jr and arbitrated by Sensei Chris deWit.

Divisions for Ages 4+ - \$35 per person

Visit GrotonRec.com/Karate

GROTON COMMUNITY GARDEN

Groton Community Garden is a beautiful, safe, and peaceful place for residents to cultivate flowers and vegetables. Community Garden plots are available to Groton residents ages 18+. The garden is located at 2 Fort Hill Rd (behind the Groton Social Services building).

Current plot renters have until January 31st to renew their plots for 2016. You will be assigned the same plot each year.

New plot renters will be assigned plots February 1st on a first come, first served basis. Applications are currently being accepted.

If plots are still available gardeners can rent additional plots beginning March 1st. This is done on a first come, first served basis as requested with their registration. Every effort is made to assign two adjacent plots when possible.

For more information and to download the application please visit GrotonRec.com/Garden.



FEATURED PARK: PEQUOT WOODS

The beauty of Pequot Woods today comprises 140 acres filled with idyllic streams, wetlands and a network of gentle well-marked trails that belies the fierce fighting that once occurred here. A very short distance from Pequot Woods a battle was fought in 1637. A force of colonists joined Mohegan and Narragansett Indians and attacked a Mystic fort of the widely feared Pequot tribe. After their attack, the colonists and their allies retreated through these Woods. A vicious battle continued as they fought their way westward. Artifacts from that encounter are still being cataloged today. Access is available from the following locations: 385 Sandy Hollow Rd (near Exit 89 off of Interstate 95), Mystic Meadow La, or at the intersection of Route 1 (New London Rd) and Judson Ave.

Trail Facts:

Trail System Name: Pequot Woods

Difficulty Rating: Varies

Trail System Type: Local

Designed Use: Hike

Total Trail Length: 3.73 miles

Handicap Accessibility: Not Evaluated

Trail Surface: Native Material

Motorized Vehicles: Prohibited



We Want You!

Pequot Woods Board of Trustees is looking for new members! Trustee Powers and Duties include:

- To maintain and manage a natural parkland for the public.
- To facilitate sound management, maintenance and aesthetic preservation of Pequot Woods. Each member shall walk over the natural area at least once a year. The Board shall establish and administer specific land use and management provisions.

The Board meets only once a year. The 2016 meeting is being held on April 16 at 8:30 a.m. at the Sandy Hollow park entrance.

For more information please contact Cathy Hoffman at CHoffman@groton-ct.gov or call 860-536-5685.

Waterford Country School

Foster Care & Adoption

Made the basketball team! *Smith Summer Vacation* *Family Campout* *Most Improved in Class!*

- FREE training
- 24/7 staff support
- financial reimbursement
- full-time parenting
- respite (part-time) parenting
- foster-to-adopt

Make memories and make a difference!

Norwich ■ 860.886.7500 ■ wcsfostercare.org

Follow us on

TRIPS & TRAVEL

Featured Extended Trips

Vail, Colorado
July 10-15, 2016

A unique family vacation with something for all ages. Do as much, or as little, as you wish in the picturesque and luxurious setting of Vail, from spa treatments to outdoor adventures in the Rocky Mountains. The entire family will love time spent together on the Leadville Railroad excursion, the tour to Rocky Mountain National Park, the resort's S'mores Family Campfire and delicious meals.



Canyon Country
Arizona, Utah & Las Vegas, NV
October 10-18, 2016

Explore western America's beautiful canyon country, including three national parks, and be immersed in some of America's most awe-inspiring scenery.

LEARN MORE ABOUT TRAVELING TO CANYON COUNTRY AT OUR SPECIAL TRIP PRESENTATION!

Tuesday, February 9
2:00 PM
Groton Senior Center
(102 Newtown Road)

Featured Day Trips

UConn Women's Basketball

Groton Parks and Recreation brings you to the action as the defending National Champion UConn Women's Basketball team take on former Big East Conference Rival St. John's in the Maggie Dixon Classic. Depart from the Groton Senior Center and arrive at Madison Square Garden with some free time for lunch or shopping. The game begins at 1:00 p.m. When the game is over, we board our motorcoach and head back to Connecticut with wonderful memories of our UConn basketball getaway!

Activity #	Date	Day	Time	Age	R/NR
345423-01	2/27	Sa	9A-7P	All	\$46/\$56

Broadway Pick

We are heading to Broadway for your choice of one of TWO of Broadway's hottest shows - The Lion King OR An American in Paris. Our seats are in Orchestra/Front Mezzanine. Before the show, enjoy a family style meal at the famous Buca di Beppo restaurant.

Activity #	Date	Day	Time	Age	R/NR
445433-01	4/6	W	9A-7P	All	\$247/\$257

Argia Schooner Half Day Cruise

Explore Mystic CT and the surrounding islands from the spacious wooden deck of the sailing ship, ARGIA. Relax as you sail by scenic coastlines and lighthouses or help the crew hoist and trim the sails aboard this elegant schooner. Each cruise includes complimentary snacks and lemonade. You may also bring your own beverages and food - coolers and cups are available. The interesting departure & return schedule coincides with the historic Mystic River Drawbridge schedule, which opens twice for ARGIA with every cruise.

Activity #	Date	Day	Time	Age	R/NR
445435-01	5/10	Tu	1:30-5:30P	All	\$32/\$42

Trips are open to the public!
See more at GrotonRec.com/Trips
or call the Groton Senior Center
at (860) 441-6785

ARTS & ENRICHMENT

Short Story Writing

Location: William Seely School
Instructor: Nicholas Checker

Learn the tactics & techniques for developing the right type of language & skills for writing fiction that can be marketed successfully. Also learn how to approach the publication market and query agents & managers. The course culminates with a public presentation of the students' short works. Taught by local writer Nicholas Checker, author of the film WISP and two recent paperback novels, DRUIDS and SCRATCH. Younger participants must receive permission from the instructor.

Activity #	Date	Day	Time	Age	R/NR
346303-01	2/1-3/28	M	6-8P	18+	\$99/\$119
346303-02	2/3-3/23	W	5-7P	18+	\$99/\$119
446303-01	4/18-6/13	M	6-8P	18+	\$99/\$119
446303-02	4/20-6/8	W	5-7P	18+	\$99/\$119

Advanced Screenwriting

Location: William Seely School
Instructor: Nicholas Checker

Learn to write for video or film, create effective dialogue and dramatic conflict between characters, and practice crafting scripts. Create screenplays that can be shot simply and shown locally via Groton Public Access. Class culminates with a public presentation. Local actors perform the scripts and audience members offer commentary. The program is run by Nicholas Checker, writer & director for the 2013 film, Wisp.

Activity #	Date	Day	Time	Age	R/NR
346302-01	2/3-3/23	W	7-9P	18+	\$99/\$119
446302-01	4/20-6/8	W	7-9P	18+	\$99/\$119

CALL BEFORE YOU GO!
Check for program cancelations by calling
our info line: 860-441-6791

Clayworks

Location: Groton Senior Center
Instructor: Nancy Borgeau

Paint and glaze your choice of ceramic greenware. Also learn different techniques to change and carve greenware to add new dimensions to your piece. Items are fired in kilns at the Center. Items to fit all abilities from beginner to advanced. Separate greenware fee is determined and payable at the time the pieces are selected. Participants Ages 14-17 MUST BE accompanied by a parent or guardian.

Activity #	Date	Day	Time	Age	R/NR
346401-01	1/4-2/22	M	10A-12P	18+	\$28/\$38
346401-02	1/6-2/24	W	6-8P	14+	\$28/\$38
346401-03	1/7-2/25	Th	1-3P	14+	\$28/\$38
446401-01	3/7-4/25	M	10A-12P	18+	\$28/\$38
446401-02	3/9-4/27	W	6-8P	14+	\$28/\$38
446401-03	3/10-4/28	Th	1-3P	14+	\$28/\$38
446401-04	5/4-6/22	M	10A-12P	18+	\$24/\$34
446401-05	5/6-6/24	W	6-8P	14+	\$28/\$38
446401-06	5/7-6/25	Th	1-3P	14+	\$28/\$38

Oil Painting

Location: Groton Senior Center
Instructor: Dr. Michael Sullo

Local professional artist Dr. Michael Sullo takes you from start to finish in these special one-day oil painting workshops. No experience required! All materials provided. There will be a break for lunch.

Activity #	Date	Day	Time	Age	R/NR
346404-01	1/8	F	9:30A-4P	55+	\$45/\$55
346404-02	2/5	F	9:30A-4P	55+	\$45/\$55
346404-03	3/4	F	9:30A-4P	55+	\$45/\$55

Legal doesn't mean safe. Prescription drug abuse is a big deal.

BUST
THE MYTH
.COM



EARLY CHILDHOOD

NEW! Create & Movement Combo

Location: William Seely School

Instructor: Faith Richardson

Our two most popular preschool programs - combined! Spend time with your child exploring messy art and building strength and coordination through play with this Time to Get Mess/Time to Move combo. Dress to get messy and have fun!

Activity #	Date	Day	Time	Age	R/NR
344013-01	2/2-3/22	Tu	9-10A	1-5	\$65/\$85
444013-01	4/19-6/7	Tu	9-10A	1-5	\$65/\$85

Time to Move

Location: William Seely School

Instructor: Faith Richardson

Spend time with your child building strength and coordination through play with ramps, slides, climbers, balance beams, tumbling, music, and movement games. NEW open age group added - great for sibilngs!

Activity #	Date	Day	Time	Age	R/NR
344005-01	2/4-3/24	Th	9:15-10A	9-18 mos	\$45/\$65
344005-02	2/4-3/24	Th	10:05-10:50A	18-36 mos	\$45/\$65
344005-03	2/4-3/24	Th	10:55-11:40A	18-36 mos	\$45/\$65
344005-04	2/5-4/1	F	9:15-10A	9 mos - 5 yrs	\$45/\$65
344005-05	2/5-4/1	F	10:05-10:50A	18-36 mos	\$45/\$65
344005-06	2/5-4/1	F	10:55-11:40A	3-5	\$45/\$65
444005-01	4/21-6/9	Th	9:15-10A	9-18 mos	\$45/\$65
444005-02	4/21-6/9	Th	10:05-10:50A	18-36 mos	\$45/\$65
444005-03	4/21-6/9	Th	10:55-11:40A	18-36 mos	\$45/\$65
444005-04	4/22-6/10	F	9:15-10A	9 mos - 5 yrs	\$45/\$65
444005-05	4/22-6/10	F	10:05-10:50A	18-36 mos	\$45/\$65
444005-06	4/22-6/10	F	10:55-11:40A	3-5	\$45/\$65



Time to Get Messy

Location: William Seely School

Instructor: Faith Richardson

A very hands-on way for children to explore art. Children experiment with clay, paint, markers, crayons, glue, recycled materials and so much more. Dress for the mess!

Activity #	Date	Day	Time	Age	R/NR
344006-01	2/2-3/22	Tu	10:15-10:45A	1-4	\$45/\$65
444006-01	4/19-6/7	Tu	10:15-10:45A	1-4	\$45/\$65

Munchkin Soccer

Location: Fitch Middle School

Instructor: Faith Richardson

Pre-school children learn basic soccer skills under the direction of our enthusiastic instructor.

Activity #	Date	Day	Time	Age	R/NR
383001-01	1/30-3/5	Sa	9-9:45A	4-5	\$45/\$65
383001-02	1/30-3/5	Sa	10-10:45A	4-5	\$45/\$65
483001-01	4/16-5/21	Sa	9-9:45A	4-5	\$45/\$65
483001-02	4/16-5/21	Sa	10-10:45A	4-5	\$45/\$65

DANCE

Parent & Toddler Dance

Location: William Seely School

Instructor: Joy Fidrych

Toddlers develop basic motor skills and improve coordination as they dance, sing, and play in this fun-filled class.

Activity #	Date	Day	Time	Age	R/NR
341002-01	2/5-4/1	F	9-9:45A	1-3	\$55/\$75
441002-01	4/22-6/3	F	9-9:45A	1-3	\$55/\$75

NEW! Dance Babies

Location: William Seely School

Instructor: Joy Fidrych

An introduction to dance for our youngest dancers, structured to stimulate coordination skills, listening skills, balance and motor development. Fun for boys and girls.

Activity #	Date	Day	Time	Age	R/NR
341003-01	2/4-3/24	Th	4-4:30P	2-3	\$49/\$69
441003-01	4/21-6/2	Th	4-4:30P	2-3	\$49/\$69



NEW! Little Boppers

Location: William Seely School

Instructor: Joy Fidrych

Young dancers bounce along to the beat. A fusion of basic hip hop and creative movement to get all the wiggles out! Fun for boys and girls!

Activity #	Date	Day	Time	Age	R/NR
341004-01	2/5-4/1	F	4-4:30P	3-5	\$49/\$69
441004-01	4/22-6/3	F	4-4:30P	3-5	\$49/\$69

Intro to Dance

Location: William Seely School

Instructor: Joy Fidrych

Children move as they combine creative dance with an introduction to ballet and tap dancing.

Activity #	Date	Day	Time	Age	R/NR
341001-01	2/4-3/24	Th	4:35-5:20P	3-5	\$55/\$75
341001-02	2/5-4/1	F	9:50-10:35A	3-5	\$55/\$75
441001-01	4/21-6/2	Th	4:35-5:20P	3-5	\$55/\$75
441001-02	4/22-6/3	F	9:50-10:35A	3-5	\$55/\$75

Princess Ballet

Location: William Seely School

Instructor: Joy Fidrych

Dancers learn the story of a featured princess and dance a princess dance! Lots of moving and fun!

Activity #	Date	Day	Time	Age	R/NR
341105-01	2/2-3/22	Tu	9:50-10:20A	3-5	\$49/\$69
441105-01	4/19-5/31	Tu	9:50-10:20A	3-5	\$49/\$69

Dance Combo

Location: William Seely School

Instructor: Joy Fidrych

A fun combination class that introduces children to ballet, tap, and jazz skills through center work and dances.

Activity #	Date	Day	Time	Age	R/NR
341103-01	2/4-3/24	Th	5:25-6:10P	5-6	\$55/\$75
341103-02	2/5-4/1	F	4:35-5:20P	7-8	\$55/\$75
341103-03	2/5-4/1	F	5:25-6:10P	9-12	\$55/\$75
441103-01	4/21-6/2	Th	5:25-6:10P	5-6	\$55/\$75
441103-02	4/22-6/3	F	4:35-5:20P	7-8	\$55/\$75
441103-03	4/22-6/3	F	5:25-6:10P	9-12	\$55/\$75

Intermediate Tap Dance

Location: William Seely School

Instructor: Joy Fidrych

Perfect for those who've learned all the basics of tap, or have had tap dance experience in the past, and are ready to attempt to learn some slightly more challenging steps and to put their existing repertoire of steps into combinations. This class is a fun way to continue to learn the fundamentals of this amazing art-form in a relaxed and welcoming environment.

Activity #	Date	Day	Time	Age	R/NR
341312-01	2/5-4/1	F	10:40-11:25A	16+	\$55/\$75
441312-01	4/22-6/3	F	10:40-11:25A	16+	\$55/\$75

Ballroom & Latin Dance

Location: Groton Senior Center

Instructor: Janine Crane

Come learn what all the fuss is about! Each week our instructor takes you through a new dance style including waltz, foxtrot, tango, cha-cha, salsa, swing, and rumba. Learn the dos and don'ts of lead and follow along with a simple, smooth Latin technique. At the end of each class there will be a 30-minute practice dance party to try out your new moves. Beginner and Advanced sections available.

Activity #	Lev.	Date	Day	Time	Age	R/NR
341402-01	Beg.	1/5-2/23	Tu	6:30-7:30P	18+	\$45/\$55
341402-02	Adv.	1/7-2/25	Th	6:30-7:30P	18+	\$45/\$55
441402-01	Beg.	3/8-4/26	Tu	6:30-7:30P	18+	\$44/\$55
441402-02	Adv.	3/10-4/28	Th	6:30-7:30P	18+	\$45/\$55
441402-03	Beg.	5/3-6/21	Tu	6:30-7:30P	18+	\$45/\$55
441402-04	Beg.	5/5-6/23	Th	6:30-7:30P	18+	\$45/\$55

WINTHROP STEM ELEMENTARY MAGNET SCHOOL

Winthrop is a Science, Technology, Engineering and Math [STEM] themed magnet school located in New London, CT.

To learn more about this exciting opportunity for your child, please be sure to join us at one of our tour and information sessions.

Saturday, January 9 at 10 a.m.
Tuesday, January 12 at 6 p.m.

Saturday, February 6 at 10 a.m.
Tuesday, February 9 at 6 p.m.

Saturday, March 5 at 10 a.m.
Tuesday, March 8 at 6 p.m.

For more information call 860-447-6033 or visit www.winthrop elementary.org
74 Grove Street, New London, CT 06320

GYMNASTICS

Location: William Seely School
Instructor: ABC Gymnastics

Tiny Tumblers

Learn the basics of proper warm-up, tumbling, and balance beam while exploring a wide range of special motor skills with a clear emphasis on movement, music and balance. Program specifically designed for parent/child interaction together.

Activity#	Date	Day	Time	Age	R/NR
381001-01	2/2-3/22	Tu	10:15-10:55A	18-36 mos.	\$65/\$85
381001-02	2/2-3/22	Tu	11-11:40A	18-36 mos.	\$65/\$85
381001-03	1/30-3/19	Sa	8:30-9:10A	18-36 mos.	\$65/\$85
481001-01	4/19-6/7	Tu	10:15-10:55A	18-36 mos.	\$65/\$85
481001-02	4/19-6/7	Tu	11-11:40A	18-36 mos.	\$65/\$85
481001-03	4/16-6/11	Sa	8:30-9:10A	18-36 mos.	\$65/\$85

Mini Stars

Learn the basics of proper warm-up, tumbling, vaulting, and balance beam. Child must be able to follow basic instructions such as standing in line. Designed to refine motor skills, learn the basics, develop better coordination and socialization skills.

Activity #	Date	Day	Time	Age	R/NR
381002-01	2/2-3/22	Tu	9:30-10:10A	4-5	\$65/\$85
381002-02	1/30-3/19	Sa	9:20-10A	4-5	\$65/\$85
481002-01	4/19-6/7	Tu	9:30-10:10A	4-5	\$65/\$85
481002-02	4/16-6/11	Sa	9:20-10A	4-5	\$65/\$85



Intermediate Gymnastics



Tiny Tumblers

Beginner

Learn the basics of proper warm-up, tumbling, vaulting, and balance beam.

Activity #	Date	Day	Time	Age	R/NR
381101-01	2/1-3/28	M	4:25-5:05P	5-15	\$65/\$85
381101-02	1/30-4/2	Sa	10:05-10:45A	5-15	\$65/\$85
381101-03	1/30-4/2	Sa	10:50-11:30A	5-15	\$65/\$85
481101-01	4/18-6/13	M	4:25-5:05P	5-15	\$65/\$85
481101-02	4/16-6/11	Sa	10:05-10:45A	5-15	\$65/\$85
481101-03	4/16-6/11	Sa	10:50-11:30A	5-15	\$65/\$85

Intermediate

Requirements: Must be able to do a forward roll with feet together, cartwheel, and bridge on floor, be able to walk across high beam forward and backward without assistance, and be able to jump up to a front support and cast on the bar.

Activity #	Date	Day	Time	Age	R/NR
381103-01	1/30-3/19	Sa	11:35A-12:15P	5-15	\$65/\$85
381103-02	2/1-3/28	M	5:10-5:50P	5-15	\$65/\$85
481103-01	4/18-6/13	M	5:10-5:50P	5-15	\$65/\$85
481103-02	4/16-6/11	Sa	11:35A-12:15P	5-15	\$65/\$85

Advanced

Requirements: Must be able to do a backward roll, full handstand, bridge kick-over, and a pull-over on bars, and should be comfortable doing jumps and handstands on beam. Must be hard workers and good listeners.

Activity #	Date	Day	Time	Age	R/NR
381105-01	1/30-3/19	Sa	12:20-1:20P	7-15	\$95/\$115
481105-01	4/16-6/11	Sa	12:20-1:20P	7-15	\$95/\$115

YOUTH SPORTS

Junior Basketball

Location: Catherine Kolnaski Magnet School
Instructor: Byron Knox

Have fun learning hoop basics including dribbling, shooting, and defense through instruction and fun, non-competitive games.

Activity #	Date	Day	Time	Age	R/NR
383102-01	1/30-3/5	Sa	9:30-10:15A	6-7	\$45/\$65
383102-02	1/30-3/5	Sa	10:30-11:15A	6-7	\$45/\$65

Floor Hockey

Location: Fitch Middle School
Instructor: Mike Smith

Bring your favorite hockey stick (blade must be covered with white hockey tape) or borrow one of ours and come play. Open to both beginners and experienced players.

Activity #	Date	Day	Time	Age	R/NR
383108-01	1/31-3/20	Su	1-2P	5-7	\$45/\$65
383108-02	1/31-3/20	Su	2-3P	8-10	\$45/\$65
383108-03	1/31-3/20	Su	3-4P	11-15	\$45/\$65

Indoor Soccer

Location: Fitch Middle
Instructor: UK International Soccer

The program is geared toward technique and skills development through drills and mini round robin games.

Activity #	Date	Day	Time	Age	R/NR
383110-01	1/30-3/5	Sa	12-12:45P	5-7	\$45/\$65
383110-02	1/30-3/5	Sa	1-1:55P	8-10	\$45/\$65
383207-01	1/30-3/5	Sa	2-2:55P	11-14	\$45/\$65



Girls Indoor Volleyball

Girls Indoor Volleyball

Location: Cutler Middle School
Instructor: Ashley Adams

Learn, develop, and improve participant's abilities, while having fun. Participants have an opportunity to improve their technical skills as well as to effectively apply their skills in match situations.

Activity #	Date	Day	Time	Age	R/NR
383212-01	2/4-3/24	Th	6:30-8:30P	13-18	\$89/\$109

Instructional Lacrosse

Location: Fitch High School
Instructor: Groton Mystic Lacrosse

Designed to introduce young players to the game of lacrosse in a safe and structured setting. Players are taught the basics of catching, throwing, shooting, scooping, and team play by experienced coaches. Time is divided between age appropriate drills and simulated game play. Equipment is provided, but players should bring their own sticks if they have one. Our goal is to provide an opportunity for children and parents to learn more about the exciting game of lacrosse in a fun and family orientated atmosphere.

Activity #	Date	Day	Time	Age	R/NR
383103-01	1/31-2/28	Su	12:30-2P	6-10	\$45/\$65

Recreational Lacrosse

Location: Fitch High School
Instructor: Groton Mystic Lacrosse

Improve players' skills by stressing the fundamentals and instilling good habits. Players spend most sessions divided into teams, scrimmaging and learning the basics of team play and proper positioning. The emphasis is on teaching and having fun. An additional weekday practice for U11 and older players (Boys - Tuesday; Girls - Wednesday) can be added for an additional \$20.

Activity #	Date	Day	Time	Age	R/NR
383105-01	3/6-4/10	Su	11:30A-12:45P	6-10	\$45/\$65
383204-01	3/6-4/10	Su	12:45-2:30P	11-14	\$45/\$65

Scholarships Available!

We offer financial assistance for qualifying Groton Residents. See the scholarship form on page 30 for more information.

Lacrosse Weekday

Location: Fitch Middle School
Instructor: Groton Mystic Lacrosse

Designed for older players, this program focuses on improving players' skills by stressing the fundamentals and instilling good habits. Players spend most sessions divided into teams, scrimmaging and learning the basics of team play and proper positioning. The emphasis is on teaching and having fun.

Activity #	Date	Day	Time	Age	Gender	R/NR
383211-01	3/8-4/12	Tu	6:30-8P	9-14	Boys	\$45/\$65
383211-02	3/9-4/13	W	7:30-9P	9-14	Girls	\$45/\$65

After School Golf

Location: Shennecossett Golf Course
Instructor: Mike Rege

Young golfers learn new skills and receive individualized instruction. All experience levels welcome!

Activity #	Date	Day	Time	Age	R/NR
483214-01	4/25-5/16	M	4:30-6P	11-15	\$59/\$79

CALL BEFORE YOU GO!

Check for program cancelations by calling
our info line: 860-441-6791

KARATE

Location: William Seely School
Instructor: Ralph Batty, Jr.
Acquire increased self-esteem, self-respect, and self-discipline while developing strong minds, bodies, and spirits. All classes Level II and higher require approved uniform and safety equipment. Taught in a safe and structured environment.

New Year's Day Training

A tradition in Okinawa which brings in a new year of hard training. The Okinawan Karate-ka believe that whatever you do on the first of the year will create a good habit for the entire year. This is a 2-hour (1-hour) training session for all students. Students ages 3-5 may participate in the first hour of training from 8am-9am. Students ages 6 and older may participate from 8am-10am.

Activity #	Date	Day	Time	Age	R/NR
382105-01	1/1	F	8-9A	3-5	\$5/\$15
382105-02	1/1	F	8-10A	6+	\$10/\$20

Lil' Tiger I

Activity #	Date	Day	Time	Age	R/NR
382001-01	2/2-3/22	Tu	4:15-4:45P	3-5	\$55/\$75
382001-0	2/4-3/24	Th	4:15-4:45P	3-5	\$55/\$75
482001-01	4/19-6/7	Tu	4:15-4:45P	3-5	\$55/\$75
482001-02	4/21-6/9	Th	4:15-4:45P	3-5	\$55/\$75

Lil' Tiger II

Ranks: White, White w/Yellow Stripe, Yellow w/White Stripe, Yellow

Activity #	Date	Day	Time	Age	R/NR
382002-01	2/3-3/23	W	4:30-5P	3-5	\$55/\$75
382002-02	2/5-4/1	F	4:30-5P	3-5	\$55/\$75
482002-01	4/20-6/8	W	4:30-5P	3-5	\$55/\$75
482002-02	4/22-6/10	F	4:30-5P	3-5	\$55/\$75

Lil' Tiger III

Ranks: White w/Green, Blue, Purple Stripe.

Activity #	Date	Day	Time	Age	R/NR
382003-01	2/5-4/1	F	5:45-6:30P	3-5	\$65/\$85
482003-01	4/22-6/10	F	5:45-6:30P	3-5	\$65/\$85

Jr. Dragon I

Activity #	Date	Day	Time	Age	R/NR
382101-01	2/3-3/23	W	7-7:45P	6-12	\$65/\$85
482101-01	4/20-6/8	W	7-7:45P	6-12	\$65/\$85

Jr. Dragon II

Ranks: White, White w/Yellow Stripe, Yellow w/White Stripe, Yellow

Activity #	Date	Day	Time	Age	R/NR
382102-01	2/3-3/30	W,F	5-5:45P	6-12	\$115/\$135
482102-01	4/20-6/10	W,F	5-5:45P	6-12	\$115/\$135



Jr. Dragon III

Ranks: Orange, Green and Blue belts

Activity #	Date	Day	Time	Age	R/NR
382103-01	2/1-3/28	M,W	6-7P	6-12	\$129/\$149
482103-01	4/18-6/13	M,W	6-7P	6-12	\$129/\$149

Jr. Dragon IV

Ranks: Brown belt and higher.

Activity #	Date	Day	Time	Age	R/NR
382104-01	2/2-3/24	Tu,Th	5:30-6:30P	6-12	\$129/\$149
482104-01	4/19-6/9	Tu,Th	5:30-6:30P	6-12	\$129/\$149

Jr. Black Belt

Ranks: Brown belt and higher.

Activity #	Date	Day	Time	Age	R/NR
382107-01	2/2-3/24	Tu,Th	6:30-7:30P	8-11	\$129/\$149
482107-01	4/19-6/9	Tu,Th	6:30-7:30P	8-11	\$129/\$149

Black Belt

Ranks: Brown belt and higher

Activity #	Date	Day	Time	Age	R/NR
382206-01	2/2-3/24	Tu,Th	7:30-8:30P	8+	\$129/\$149
482206-01	4/19-6/9	Tu,Th	7:30-8:30P	8+	\$129/\$149

Adult Beginner & Intermediate

Ranks: White Belt (All Beginners) through Purple w/Black Stripe.

Activity #	Date	Day	Time	Age	R/NR
382301-01	2/1-3/28	M,W	7:45-8:45P	13+	\$129/\$149
482301-01	4/18-6/13	M,W	7:45-8:45P	13+	\$129/\$149

Grading Ages 3-6

Lil' Tigers Grading (belt testing) Level 2 - test takes approximately 30 minutes. Level 3 - must bring their safety equipment

Activity #	Date	Day	Time	Age	FEE
382004-01	3/5	Sa	1:30-2:15P	3-6	\$20
482004-01	5/21	Sa	1:30-2:15P	3-6	\$20

Grading age 6+

Karate Grading (Belt testing) Jr. Dragons Levels 2 & 3, Jr. Black Belt, Black Belt and Adults. All participants MUST bring their safety equipment. Lower rank students dismissed upon completion of their test.

Activity #	Date	Day	Time	Age	FEE
382208-01	3/5	Sa	2:15-4:30P	6+	\$20
482208-01	5/21	Sa	2:15-4:30P	6+	\$20

ADULT SPORTS

Floor Hockey League

Location: Fitch Middle School
Instructor: George White
Organized teams of players of varying skill levels. League is fairly competitive, but stresses good sportsmanship and safety. All games are officiated and player and team stats are collected. Games are played four-on-four plus goalie. All league players are free to participate in pick-up games every Friday from 6-9 pm. League games are played Sundays between 3-7pm based on posted schedule. Those interested in serving as referee, scorer or timer for the season should contact Recreation office. GFHL info can be found on the web at the Unofficial GFHL Website: <http://gfhl.blogspot.com/>.

Activity #	Date	Day	Time	Age	R/NR
385304-01	1/31-3/20	Su	4-7P	16+	\$75/\$95

Street Hockey

Location: Groton Hockey Rink
Instructor: Phil Butta
Enjoy a great cardiovascular workout as you chase a little orange ball in this fast-paced street hockey program. This is a non-contact recreational program of pickup games for fun and exercise. Approved hockey stick required. Full-time goalies play free, but must pre-register for section 2.

Activity #	Date	Day	Time	Age	R/NR
483316-01	4/19-6/9	Tu,Th	5:30-7:30P	15+	\$30/\$50
483316-02	4/19-6/9	Tu,Th	5:30-7:30P	15+	FREE

Eastern CT Roller Hockey League

Location: Groton Hockey Rink
Competitive inline hockey is at its finest at Southeast CT's only outdoor regulation rink. Registration is done by team. Team captains register online at GrotonRec.com/Discover under leagues or through the Recreation office. Rosters and waivers are submitted to league coordinator at the first game. Teams consist of up to thirteen players including goalies.

Activity #	Date	Day	Time	Age	FEE
485306-01	4/17-6/12	Su	10A-4P	17+	\$850/team



Eastern CT Roller Hockey League

Don't wait!

Registration for both Winter and Spring sessions is open now at GrotonRec.com or by mail with the registration form on page 31.

Indoor Coed Soccer

Location: Fitch High School
Recreational, non-league pickup soccer games for adults of all skill levels, from beginners through advanced. New players are welcome!

Activity #	Date	Day	Time	Age	FEE
383301-01	1/10-3/20	Su	2:30-4P	18+	\$20

Coed Soccer

Location: Poquonnock Plains Park
Instructor: John Watson
Recreational, non-league, pick-up soccer games for adults of all skill levels, from beginners through advanced. New players are welcome!

Activity #	Date	Day	Time	Age	FEE
483302-01	4/17-6/12	Su	2:30-4P	18+	FREE!
483302-02	4/18-6/13	M	5:30-8:30P	18+	FREE!



Dodgeball

Dodgeball

Location: Fitch Middle School
Instructor: Faith Richardson
Come have a great workout and enjoy some old school playground fun. All levels!

Activity #	Date	Day	Time	Age	FEE
383309-01	1/31-3/20	Su	7-9P	18+	\$30
483309-01	4/17-6/12	Su	7-9P	18+	\$30

FITNESS

NEW! Zumba for Kids

Location: William Seely School

Instructor: Yolla El Khoury

Zumba Kids classes feature kid-friendly routines based on original Zumba choreography. The instructor breaks down the steps, adds games and activities into the class. Kids get a chance to be active and jam out to their favorite music.

Activity #	Date	Day	Time	Age	R/NR
351103-01	2/2-3/22	Tu	4:30-5:15P	7-11	\$55/\$75
451103-01	4/19-6/7	Tu	4:30-5:15P	7-11	\$55/\$75

NEW! Zumba Toning

Location: William Seely School

Instructor: Yolla El Khoury

Challenge yourself by using light weights to help you focus on specific muscle groups, so you and your muscles stay engaged. Light weight enhances sense of rhythm and coordination while toning target zones, including arms, core and lower body.

Activity #	Date	Day	Time	Age	R/NR
351339-01	2/4-3/24	Th	6:30-7:25P	18+	\$55/\$75
451339-01	4/21-6/9	Th	6:30-7:25P	18+	\$55/\$75



Zumba (evening)

Zumba

Location: William Seely School

Instructor: Joy Fidrych (morning)

Yolla El Khoury (evening)

Zumba classes feature exotic rhythms set to high-energy Latin and international beats for a great workout that helps you lose weight and tone your body.

Activity #	Date	Day	Time	Age	R/NR
351319-01	2/2-3/22	Tu	9-9:45A	13+	\$55/\$75
351319-02	1/19-3/22	Tu	5:30-6:25P	13+	\$65/\$85
451319-01	4/17-6/7	Tu	9-9:45A	13+	\$55/\$75
451319-02	4/17-6/7	Tu	5:30-6:25P	13+	\$55/\$75



Zumba Gold

Location: Groton Senior Center

Instructor: Monica Bengston

Perfect for active adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

Activity #	Date	Day	Time	Age	R/NR
351403-01	1/5-2/23	Tu	5-6P	55+	\$24/\$34
351403-02	1/7-2/25	Th	5-6P	55+	\$24/\$34
451403-01	3/8-4/26	Tu	5-6P	55+	\$24/\$34
451403-02	3/10-4/28	Th	5-6P	55+	\$24/\$34
451403-03	5/3-6/21	Tu	5-6P	55+	\$24/\$34
451403-04	5/5-6/23	Th	5-6P	55+	\$24/\$34

Zumba Gold Toning

Location: Groton Senior Center

Instructor: Monica Bengston

Tailored for active older adults who want to focus on muscle conditioning and light weight activity. How it works - blends the Zumba party you love at a slower pace with a redefining total body workout using Zumba Toning Sticks to shake up those muscles!

Activity #	Date	Day	Time	Age	R/NR
351406-01	1/4-2/22	M	5:10-6:10P	55+	\$24/\$34
351406-02	1/8-2/26	F	12-1P	55+	\$24/\$34
451406-01	3/7-4/25	M	5:10-6:10P	55+	\$24/\$34
451406-02	3/11-4/29	F	12-1P	55+	\$24/\$34

NEW! Bootcamp

Location: William Seely School

Instructor: Kate Singer

This course utilizes interval training with basic exercises and weights to improve your physical fitness as well as your cardiovascular health. Bonus Feature: The class wraps up with 15 minutes of *CORE EXPRESS* to build strength and tone your core! Intensity modifications are provided, choose your own level (or switch between levels) for a custom workout made just for you! New exercises are introduced to maintain your interest and ensure a total body workout. Best of all, Kate provides you with the course content so you can do these workouts at home between classes to reach your goals faster! Join the team and use the group dynamic to motivate yourself to push harder than you would on your own! If you would like more information, or have specific questions about the class, contact Kate at katesinger99@gmail.com Try the first class for FREE!

Activity #	Date	Day	Time	Age	R/NR
351304-01	2/4-3/24	Th	5:30-6:25P	12+	\$55/\$75
451304-01	4/21-6/9	Th	5:30-6:25P	12+	\$55/\$75

NEW! FitPass

Can't commit to any one fitness program? Want to expand your options for getting in shape this season? Purchase a season-long FitPass and try any 8 available fitness programs! With FitPass you can try something new, accommodate a busy schedule, and vary your workout to help you get and stay in shape without getting bored. Redeem one coupon in exchange for admission into any of the classes listed at GrotonRec.com/FitPass.asp. Makes a great gift!

FitPass is available at Groton Parks and Recreation's main office at 27 Spicer Ave in Noank for immediate purchase. When registering by mail or online, please provide us with the name and address of the FitPass holder. Please allow 7-10 days for delivery by US Mail.

Be sure to use all 8 of your passes in a single program season - they expire at the end of the season!

WINTER SESSION - 1/30-3/28

Activity # 951300-03

\$79

SPRING SESSION - 4/16-6/13

Activity # 951300-04

\$79

Tai Chi

Location: Cutler Middle School

Instructor: John Sidoli

Participants of all abilities learn and refine Tai Chi movements, postures, meditation, and breathing techniques to promote physical and mental well-being and longevity. Selected Qi Gong fundamentals are included.

Activity #	Date	Day	Time	Age	R/NR
Beginner:					
351316-01	2/4-3/24	Th	6:45-8P	14+	\$55/\$75
451316-01	4/21-6/9	Th	6:45-8P	14+	\$55/\$75
Experienced:					
351315-01	2/4-3/24	Th	5:30-6:45P	14+	\$55/\$75
451315-01	4/21-6/9	Th	5:30-6:45P	14+	\$55/\$75

Step Fitness Blend

Location: William Seely School

Instructor: Denise Descheneaux

Fun choreographed step aerobics, total body strength training, followed by a great core workout, all done in an interval format that has you feeling great as you increase your overall strength and endurance. Register for both days and save!

Activity #	Date	Day	Time	Age	R/NR
351322-01	2/1-3/28	M	5:30-6:25P	12+	\$60/\$80
351322-02	2/3-3/23	W	5:30-6:25P	12+	\$60/\$80
351322-03	2/1-3/28	M,W	5:30-6:25P	12+	\$110/\$130
451322-01	4/18-6/13	M	5:30-6:25P	12+	\$60/\$80
451322-02	4/20-6/8	W	5:30-6:25P	12+	\$60/\$80
451322-03	4/18-6/13	M,W	5:30-6:25P	12+	\$110/\$130

Hula Hoop Fitness

Location: Fitch Middle School

Instructor: Krisann Freilino

Hoop fitness is packed with fun hoop dance moves that get your heart pumping! Hooping is a fun low-impact aerobic activity that strengthens the whole body while blending a mind-body connection and building balance, coordination, flexibility and strength burning up to 250 calories in just 30 minutes. No previous experience required. All skill levels welcome.

Activity #	Date	Day	Time	Age	R/NR
351338-01	2/2-3/22	Tu	5:30-6:25P	14+	\$55/\$75
451338-01	4/19-6/7	Tu	5:30-6:25P	14+	\$55/\$75

Active Yoga

Location: Fitch Middle School

Instructor: Lori Miller

Increase your physical and spiritual power using ancient Yoga techniques! Learn the basics or expand your repertoire with new poses. Participants progress at their own pace as they feel comfortable with the guidance of our experienced and enthusiastic instructor. *No experience necessary!* Dress comfortably and bring a mat or large towel.

Activity #	Date	Day	Time	Age	R/NR
351303-01	2/1-3/28	M	6:15-7:30P	14+	\$59/\$79
451303-01	4/18-6/13	M	6:15-7:30P	14+	\$59/\$79

Strength Training

Location: Groton Senior Center

Instructor: Lorraine Raimondi

This class focuses specifically on helping you build power and strength. Hand weights and other equipment is used.

Activity #	Date	Day	Time	Age	R/NR
351404-01	1/4-2/24	M,W	5-6P	55+	\$60/\$70
451404-01	3/7-4/27	M,W	5-6P	55+	\$60/\$70
451404-02	5/2-6/22	M,W	5-6P	55+	\$60/\$70

Heart Healthy Fitness

Location: Groton Senior Center

Instructor: Lorraine Raimondi and Kim Allen

This is a moderate to moderately heavy low-impact aerobics program. Exercises focus on the major muscle groups and strengthening the heart and lungs along with overall fitness.

Activity #	Date	Day	Time	Age	R/NR
351405-01	1/4-2/26	M,W,F	4-5P	55+	\$72/\$82
451405-01	3/7-4/29	M,W,F	4-5P	55+	\$72/\$82
451405-02	5/2-6/24	M,W,F	4-5P	55+	\$72/\$82

Get a great workout for a great price at the Groton Senior Center!

Fitness Room memberships are available for Groton Residents ages 55+ Open 7 a.m. - 7 p.m., Mon-Fri

Call (860) 441-6785 for more info today!

MORE FITNESS

NEW! Sweat Shop

Location: William Seely School

Instructor: Alisha Strayer

Jump start your weekend or spice up your Tuesday night with this high cardio workout! *Register for multiple classes with Alisha in the same season and in the same transaction for a 15% discount!*

Activity #	Date	Day	Time	Age	R/NR
351340-01	2/2-3/29	Tu	5:30-6:25P	13+	\$55/\$75
351340-02	3/4-4/1	F	4:30-5:25P	13+	\$27/\$37

Pilates

Location: William Seely School

Instructor: Alisha Strayer

Want to sculpt your core and increase your range of motion? Based on the methods of Joseph Pilates, Pilates includes a progressive series of mat and standing exercises to emphasize the principles of core stabilization. The class is designed to sculpt and lengthen muscles, as well as increase personal range of motion/flexibility. Bring hand weights, water bottle and a yoga mat to each class. *Register for multiple classes with Alisha in the same season and in the same transaction for a 15% discount!*

Activity #	Date	Day	Time	Age	R/NR
351309-01	2/1-4/4	M	5:30-6:25P	13+	\$55/\$75
351309-02	2/3-3/30	W	5:30-6:25P	13+	\$55/\$75
351309-03	2/3-3/30	W	7:35-8:30A	13+	\$55/\$75
451309-01	4/18-6/13	M	5:30-6:25P	13+	\$55/\$75
451309-02	4/20-6/8	W	5:30-6:25P	13+	\$55/\$75

Pilates Plus

Location: William Seely School

Instructor: Alisha Strayer

Are you looking to get your cardio while sculpting your core? Based on the methods of Joseph Pilates, Pilates includes a progressive series of mat and standing exercises to emphasize the principles of core stabilization with cardio. The class is designed to make you sweat, sculpt and lengthen muscles, and increase your personal range of motion. *Register for multiple classes with Alisha in the same season and in the same transaction for a 15% discount!*

Activity #	Date	Day	Time	Age	R/NR
351334-01	2/2-3/29	Tu	6:35-7:30P	13+	\$55/\$75
351334-02	3/4-4/1	F	5:35-6:30P	13+	\$27/\$37

Want to try all of our Fitness programs?
 Buy a FitPass! See page 19 for more info!

Winter/Spring Fitness Schedule				
Mon	Tue	Wed	Thurs	Fri
Heart Healthy Fitness 4-5 pm	Zumba 9-9:45 am	Pilates 7:35-8:30 am	Zumba Gold 5-6 pm	Zumba Gold Toning 12-1 pm
Strength Training 5-6 pm	Zumba for Kids 4:30-5:15 pm	Heart Healthy Fitness 4-5 pm	Bootcamp 5:30-6:25 pm	Heart Healthy Fitness 4-5 pm
Zumba Gold Toning 5:10-6:10P	Zumba Gold 5-6 pm	Strength Training 5-6 pm	Tai Chi Adv. 5:30-6:45 pm	Sweat Shop 4:30-5:25 pm
Step Fitness Blend 5:30-6:25 pm	Zumba 5:30-6:25 pm	Step Fitness Blend 5:30-6:25 pm	Zumba Toning 6:30-7:25	Pilates Plus 5:35-6:30
Pilates 5:30-6:25 pm	Hula Hoop Fitness 5:30-6:25	Pilates 5:30-6:25 pm	Tai Chi Beg. 6:45-8 pm	Zumba Gold Toning 6:30-7:25 pm
Active Yoga 6:15-7:30 pm	Sweat Shop 5:30-6:25	Boxing Bootcamp 6:30-7:25 pm		
Monday Mash-Up 6:35-7:30 pm	Pilates Plus 6:35-7:30P	Pilates 7:30-8:25 pm (Fall 2 only)		



Monday Mash Up

Location: William Seely School

Instructor: Alisha Strayer

Tired of taking the same class every week? Monday Mash Up mixes up the type of fitness classes taught each week to add variety to your workout schedule. Classes cover a variety of fitness disciplines such as stability ball aerobics, pilates, boxing, step aerobics, bootcamp, weight lifting and more. *Register for multiple classes with Alisha in the same season and in the same transaction for a 15% discount!*

Activity #	Date	Day	Time	Age	R/NR
351307-01	2/1-4/4	M	6:35-7:30P	13+	\$55/\$75
451337-01	4/18-6/13	M	6:35-7:30P	13+	\$55/\$75

RUNNING

Mystic Irish 5K Road Race

Saturday, March 19

10:00 a.m.

Location: Downtown Mystic

Wear your best green gear and join us for the second annual Mystic Irish 5K race as part of St. Patrick's Day weekend in Mystic. Run the race on Saturday and view the Mystic Irish Parade on Sunday! The race winners get a prize spot in parade. Course starts and ends in downtown Mystic on Pearl St. and travels along the banks of the Mystic River. Sign up before February 19 and pay only \$20, or \$25 until March 17, 2016. Race day registration is \$30. Recommended parking at the Mystic Arts Center lot at 9 Water Street in Mystic. Regular rates apply, but they are very reasonable.

Activity #	Date	Day	Time	Age
383318-01	3/19	Sa	10A-12P	8+

Race with Laces! Donate \$5 to help families in need participate in Groton Parks and Recreation programs and receive a pair of green speed laces as a thank you gift. Those who run the race with the green laces are eligible for additional prizes!



BOATING

DEEP State Boating Class

Location: Groton Senior Center

Instructor: Staff DEEP

BASIC BOATING: Fulfills the education requirements for the Connecticut Certificate of Personal Watercraft Operation. This PWO Certificate allows boaters to operate a motor vessel, including personal watercraft (Jet Ski type boats), in the State of Connecticut. Students must attend all classes to qualify. Doesn't include cost of DEEP certificate.

Activity #	Date	Day	Time	Age	FEE
422301-01	4/19-4/21	Tu,W,Th	5:30-8:30P	10+	\$25
422301-02	5/31-6/2	Tu,W,Th	5:30-8:30P	10+	\$25

"There's nothing--absolutely nothing--half so much
 worth doing as messing about in boats."
 ~ Kenneth Grahame, *The Wind In The Willows*

Tour de Noank 5K & Kids Fun Run

Saturday, June 11

10:00 a.m.

Location: Esker Point Beach

Take in the scenic streets of Noank with this certified 5K road race. Race begins and ends at Esker Point Beach. For race route map, go to GrotonRec.com. A portion of the proceeds from the race benefits Groton's special needs programming. The first 200 runners to register receive a race t-shirt! Please indicate male/female t-shirt size in comment section of the registration form. Sign up before May 11 and pay only \$20, or \$25 until June 8 2016. Race day registration is \$30. The Fun Run fee is \$5 before June 8 and \$10 on Race Day. Registration at Esker Point Beach opens at 8:30 a.m. and closes 15 minutes prior to start of race.

	Activity #	Date	Day	Time	Age
5K Road Race	483308-01	6/11	Sa	10A-12P	8+
Kids Fun Run	483109-01	6/11	Sa	9:30-9:45A	3-12

REGISTER EARLY AND SAVE!

GROTON COMMUNITY BOATING CLUB

2016-17 MEMBERSHIP

(April 1, 2016 - March 31, 2017)

Membership includes the use of Club boats (kayaks, shells, and canoe) and the boathouse, located on Beebe Cove in Spicer Park in Noank.

Yearly Membership		R/NR
921303-01	Family	\$175/\$195
921303-02	Adult (19-59)	\$100/\$120
921303-03	Senior (60+)	\$75/\$95
921303-04	Youth (12-18)	\$50/\$70

Boat Storage Space Rentals

Limited shell and kayak storage is available to both members and non-members.

		R/NR
921301-01	Outdoor	\$150/\$170
921302-01	Indoor	\$325/\$345

ADAPTIVE PROGRAMS

While all of Groton Parks and Recreation's programs and activities are open to individuals with disabilities, we also offer a selection of programs with special support and adaptations for those who need them. For more information about Adaptive Programs and special needs modifications, please contact Eileen Cicchese at (860) 536-5691 or ecicchese@groton-ct.gov.

Adaptive Swimming

Location: UCONN Avery Point Pool

Instructor: Andy Plasse

Beginning swimmers with special needs learn basic skills at their own speed and develop increased independence and safety in the water. Extra staff is available in the water to provide support.

Activity #	Lvl	Date	Day	Time	Age	R/NR
361103-01	1	1/30-4/2	Sa	12:45-1:25P	6-21	\$75/\$95
461103-01	1	4/16-6/11	Sa	12:45-1:25P	6-21	\$75/\$95
361104-01	2	1/30-4/2	Sa	1:40-2:20P	6-21	\$75/\$95
461104-01	2	4/16-6/11	Sa	1:40-2:20P	6-21	\$75/\$95

Adaptive Private Swim Lessons

Location: UCONN Avery Point Pool

Instructor: Staff

Weekly, 30-minute, one-on-one swim lessons. Limited space.

Activity #	Date	Day	Time	Age	R/NR
361201-01	1/30-4/2	Sa	2:25-2:55P	2+	\$149/\$169
461201-01	4/16-6/11	Sa	2:25-2:55P	2+	\$149/\$169



Swimming offers many benefits including strengthening the cardiovascular systems and the major muscle groups of both the upper and lower body. It also develops flexibility in the muscles and joints as the swimmer performs a wide range of motion against the water's resistance.



Cooking for Fun

Location: Fitch High School

Instructor: Andy Plasse

Special needs students enjoy the art of cooking in a social setting. Learn to follow directions, use a kitchen safely, make healthy choices, collect recipes, and share with peers.

Activity #	Date	Day	Time	Age	R/NR
361307-01	2/3-3/23	W	5-7P	13-35	\$65/\$85
461307-01	4/20-6/8	W	5-7P	13-35	\$65/\$85

Adaptive Fitness

Location: William Seely School

Instructor: Staff

Exercise program designed and implemented to provide a safe, fun and effective workout for people with disabilities. All fitness levels invited.

Activity #	Date	Day	Time	Age	FEE
361310-01	2/2-3/22	Tu	5:45-7:15P	16-45	\$20
461310-01	4/19-6/7	Tu	5:45-7:15P	16-45	\$20

Adaptive Painting

Location: Groton Senior Center

Instructor: Andy Plasse

People with disabilities learn the basics of drawing and painting by working on individually chosen projects in a group setting. Supplies for drawing and water color provided.

Activity #	Date	Day	Time	Age	R/NR
362302-01	2/2-3/22	Tu	9-10:30A	21+	\$20/\$40
462302-01	4/19-6/7	Tu	9-10:30A	21+	\$20/\$40

Special Recreation

Location: Fitch Middle

Instructor: Victor Cicchese

Individuals with disabilities participate in arts & crafts, sports activities and compete in Special Olympics sports. **Days and times vary, please check monthly calendar for specifics.**

Activity #	Date	Day	Time	Age	R/NR
361302-01	2/4-3/24	Th	6:30-8P	14+	\$40/\$60
461302-01	3/31-6/9	Th	6:30-8P	14+	\$40/\$60

**Special
Olympics
Connecticut**



Special Olympics provides year-round sports training and competition opportunities to athletes with intellectual disabilities. It also offers Special Olympics Unified Sports® which teams up athletes with intellectual disabilities and their peers without disabilities, known as Unified partners, to play sports. Participants train for a minimum of eight weeks prior to competition.

Athletes must register for Special Recreation!

Sports offered:

January - March: floor hockey, basketball, snow shoe and Nordic ski

March - June: track and field, aquatics, wheelchair track and field, tennis, soccer, cycling

July - September: sailing, golf, softball, and bocce

September - November: bowling and volleyball

Athletes, coaches, Unified partners and volunteers needed!

For more information contact Eileen Cicchese at (860) 536-5691 or ecicchese@groton-ct.gov.



Adaptive Karate

Location: William Seely School

Instructor: Ralph Batty, Jr.

Students learn how to overcome physical challenges by utilizing their strengths and improving their weaknesses. Participants also develop a strong mind, body and spirit while increasing self-confidence and self-esteem.

Activity #	Level	Date	Day	Time	Age	R/NR
361101-01	1	2/1-3/28	M	7-7:40P	5+	\$45/\$65
461101-01	1	4/18-6/13	M	7-7:40P	5+	\$45/\$65
361102-01	2	2/2-3/24	Tu,Th	4:50-5:30P	5+	\$85/\$105
461102-01	2	4/19-6/9	Tu,Th	4:50-5:30P	5+	\$85/\$105



Teen/Young Adult Social Club

Location: William Seely School

Instructor: Jessica Franco

Teens and young adults plan weekly group activities. Participants have opportunities to learn new leisure activities, and meet new friends, all while having fun in age-appropriate groups. Please identify any disability in the comment section on the registration form.

Activity #	Date	Day	Time	Age	R/NR
362201-01	2/5-4/1	F	6-9P	13-25	\$65/\$85
462201-01	4/22-6/10	F	6-9P	13-25	\$65/\$85

Adult Social Nite

Location: Meets at Groton Library Parking Lot

Instructor: Andy Plasse

Learn social skills through peer interaction while dining out and experiencing entertainment, such as movies, dancing, bowling, art shows, and other cultural events. Participants are responsible for cost of meal and events, (events not to exceed \$10). **Winter session meets Feb. 5, 19, March 4, and 18. Spring session meets April 22, May 6, 20, and June 3.**

Activity #	Day	Time	Age	R/NR
362303-01	F	5-9P	18+	\$65/\$85
462303-01	F	5-9P	18+	\$65/\$85

AQUATICS

Location: UConn Avery Point Pool

Baby & Me Swim Social

Introduce your child to the water in this unstructured program. Staff is available to offer tips using activities, toys and songs. Participate with your baby in your grasp. One parent per child required. Swim diapers required. TIP: Bring a stroller into the locker room for easier changing.

Activity #	Date	Day	Time	Age	R/NR
311000-01	1/31-3/20	Su	8:30-9A	6 mos-3	\$25/\$45
411000-01	4/17-6/12	Su	8:30-9A	6 mos-3	\$25/\$45

Family Swim

Enjoy the pool to relax, work on skills, or just have fun. Pool capacity is set at a maximum of 80 participants per swim time. Children must be supervised at all times. Registration includes both Saturdays & Sundays.

Activity #	Date	Day	Time	R/NR
313301-01	1/30-4/2	Sa	3-4P	\$55/\$75
		Su	11:55A-1P	
313301-01	4/16-6/12	Sa	3-4P	\$55/\$75
		Su	11:55A-1P	

Pre-Competition Swimming

Pre-Competition Swimming prepares swimmers for competition swimming either on a high school swim team or club team. Swimmers build endurance by swimming laps in the pool and fine tune their strokes through drills. Swimmers need to have met requirements for level 5 in order to take in this class.

Activity #	Date	Day	Time	Age	R/NR
311109-01	1/31-3/20	Su	11:10-11:50A	8+	\$65/\$85
411109-01	4/17-6/12	Su	11:10-11:50A	8+	\$65/\$85

Adult Group Lessons

Beginner swim lessons for adults. No prior experience in the water necessary.

Activity #	Date	Day	Time	Age	R/NR
311301-01	1/30-4/2	Sa	10:30-11:10	16+	\$65/\$85
411301-01	4/16-6/11	Sa	10:30-11:10	16+	\$65/\$85

Private Lessons

Weekly, 30-minute, one-on-one swim lessons. **Limited space!**

Activity #	Date	Day	Time	Age	R/NR
311207-01	1/30-4-2	Sa	10:30-11:10	2+	\$149/\$169
311207-02	1/30-4/2	Sa	2:25-2:55P	2+	\$149/\$169
311207-03	1/31-3/20	Su	10:35-11:05A	2+	\$149/\$169
411207-01	4/16-6/11	Sa	10:30-11:10	2+	\$149/\$169
411207-02	4/16-6/11	Sa	2:25-2:55P	2+	\$149/\$169
411207-03	4/17-6/12	Su	10:35-11:05A	2+	\$149/\$169

Private Lessons - Advanced

Weekly, 30-minute, one-on-one swim lessons in the deep end of the pool. Average level 3+. **Limited space!**

Activity #	Date	Day	Time	Age	R/NR
311208-01	1/31-3/20	Su	8:30-9A	2+	\$149/\$169
411208-01	4/17-6/12	Su	8:30-9A	2+	\$149/\$169



Winter/Spring Aquatics Schedule							
Saturday	10:30-11:10 am Adult Grp Private Lessons	11:15-11:55 am Level 1, 2, 3, 4	12-12:40 pm Level 1, 2, 3, 4	12:45-1:25 pm Adaptive Swim 1 Level 5	1:40-2:20 pm Intro to Level 1 Adaptive Swim2	2:25-2:55 pm Private Lessons Adaptive Private Lessons	3-4 pm Family Swim
Sunday	8:30-9 am Baby & Me Private Lessons Adv	9:05-9:45 am Level 1, 2, 3, 4	9:50-10:30 am Level 1, 2, 3, 5	10:35-11:05 am Private Lessons	11:10-11:50 am Level 1 Pre Comp	11:55-1:00 pm Family Swim	

GROUP SWIMMING LESSONS

Ages 3-15

R/NR: \$65/\$85

Intro to Level 1

Activity #	Date	Day	Time
311006-01	1/30-4/2	Sa	1:40-2:20P
411006-01	4/16-6/11	Sa	1:40-2:20P

Level 1

311101-01	1/30-4/2	Sa	11:15-11:55A
311101-02	1/30-4/2	Sa	12-12:40P
311101-03	1/31-3/20	Su	9:05-9:45A
311101-04	1/31-3/20	Su	9:50-10:30A
311101-05	1/31-3/20	Su	11:10-11:50A
411101-01	4/16-6/11	Sa	11:15-11:55A
411101-02	4/16-6/11	Sa	12-12:40P
411101-03	4/17-6/12	Su	9:05-9:45A
411101-04	4/17-6/12	Su	9:50-10:30A
411101-05	4/17-6/12	Su	11:10-11:50A

Level 2

311102-01	1/30-4/2	Sa	11:15-11:55A
311102-02	1/30-4/2	Sa	12-12:40P
311102-03	1/31-3/20	Su	9:05-9:45A
311102-04	1/31-3/20	Su	9:50-10:30A
411102-01	4/16-6/11	Sa	11:15-11:55A
411102-02	4/16-6/11	Sa	12-12:40P
411102-03	4/17-6/12	Su	9:05-9:45A
411102-04	4/17-6/12	Su	9:50-10:30A

Level 3

311103-01	1/30-4/2	Sa	11:15-11:55A
311103-02	1/30-4/2	Sa	12-12:40P
311103-03	1/31-3/20	Su	9:05-9:45A
311103-04	1/31-3/20	Su	9:50-10:30A
411103-01	4/16-6/11	Sa	11:15-11:55A
411103-02	4/16-6/11	Sa	12-12:40P
411103-03	4/17-6/12	Su	9:05-9:45A
411103-04	4/17-6/12	Su	9:50-10:30A

Level 4

311104-01	1/30-4/2	Sa	11:15-11:55A
311104-02	1/30-4/2	Sa	12-12:40P
311104-03	1/31-3/20	Su	9:05-9:45A
411104-01	4/16-6/11	Sa	11:15-11:55A
411104-02	4/16-6/11	Sa	12-12:40P
411104-03	4/17-6/12	Su	9:05-9:45A

Level 5

311105-01	1/30-4/2	Sa	12:45-1:25P
311105-02	1/31-3/20	Su	9:50-10:30A
411105-01	4/16-6/11	Sa	12:45-1:25P
411105-02	4/17-6/12	Su	9:50-10:30A

Swimming Lessons Quiz

Baby & Me: Can your child maintain an upright position in the water with minimal effort?
Yes (continue) No - Stay in Baby & Me

Intro. to Level 1: Is your child comfortable swimming in the water with a bubble on and can swim without breathing in water?
Yes (continue) No - Stay in Intro. to Level 1

Level 1: Can your child swim at least ten feet in the water without any assistance?
Yes (continue) No - Stay in Level 1

Level 2: Can your child swim 15 feet in the water, perform a front or back float for at least 15 seconds and swim basic freestyle with a flutter kick?
Yes (continue) No - Stay in Level 2

Level 3: Can your child perform a kneeling dive, swim a proficient freestyle stroke as well as swim both elementary and regular backstroke?
Yes (continue) No - Stay in Level 3

Level 4: Has your child mastered freestyle and backstroke as well as being able to perform basic breaststroke and dolphin kick? Can they tread water for at least 1 minute?
Yes (continue) No - Stay in Level 4

Level 5: Has your child mastered freestyle, backstroke and breaststroke and is able to perform them for more than 25 feet? Can they tread water for three minutes and perform a standing dive?
Yes (continue) No - Stay in Level 5

Pre-Comp: Has your child mastered freestyle, backstroke, breaststroke and butterfly and are they able to perform them more than 25 feet? Can they tread water for four minutes; perform a standing dive, open turn, flip turn and dive down to a depth of ten feet?
No - Stay In Pre-Comp

If you are still unsure which level is right for your child, register him or her for the level you think is best and our instructors will evaluate your child's skills for proper placement.

Wayne Robinson
office

Mark Robinson
shop

325 Rogers Road
(off Rte. 184)
Groton, CT 06340

860-445-7093





Experience golf history...



Shennecossett Golf Course

93 Plant Street
Groton, CT 06340
860-448-1867

Shennecossett is a historic 18-hole public course designed by Donald Ross. Located on beautiful Long Island Sound and the Thames River, the course features dramatic views and a chance to spot a tall ship at sail or a US submarine. Founded in 1898, Shennecossett remains a top New England golfing destination. Call today for an opportunity to play.



Discover the GROTON SENIOR CENTER

Serving residents & non-residents ages 55+

102 Newtown Road, Groton

(860) 441-6785

Accredited by
National Institute of
Senior Centers

GrotonRec.com/Seniors



Celebrate LIFE!

INDEPENDENCE

LEARNING



FRIENDS

ENERGY



Take it to the Box!

Drop unused meds in the green box at one of these locations:

City of Groton Police Department

295 Meridian Street

Town of Groton Police Department

68 Groton Long Point Road

Accepted:

- Prescription and over-the-counter medications
 - patches
 - ointments
 - vitamins
- sample medications
- pet medications

Not Accepted:

- lotions or liquids
 - aerosol cans
 - inhalers
- hydrogen peroxide
- thermometers
- needles or other sharp objects
- medication from businesses or clinics



PHONE NUMBERS

Assessment	860-441-6660
Building Inspection	860-446-5982
Human Services	860-441-6760
Parks	860-446-5950
Planning & Community Devel.	860-446-5970
Police (routine)	860-441-6712
Public Library	860-441-6750
Public Works	860-448-4083
Recreation	860-536-5680
Senior Center	860-441-6785
Shennecossett Golf	860-448-1867
Transfer Station	860-536-5698
Tax Collection	860-441-6670
Town Clerk	860-441-6640
Town Manager	860-441-6630
Voter Registration	860-441-6650

Be Bear Aware!



Black bears are increasing in numbers and being seen more frequently in Connecticut. They are rarely aggressive towards humans but can create a variety of problems. In particular, bears that are fed by humans can become habituated and may need to be euthanized. Connecticut residents must learn how to reduce the likelihood of bears becoming a problem. Birdfeeders, garbage, pet food, and compost attract bears close to houses and people, and should be made unavailable to bears.

Report bear sightings to the CT DEEP at 860-675-8130 or online at www.ct.gov/deep/blackbear

FREQUENTLY REQUESTED CONTACTS

Groton City Recreation
Washington Park, Eastern Point Beach & Zbierski House
860-446-4128

Groton Soccer Club
Tom Taber
860-908-6566
grotonsoccer@yahoo.com

Groton/Mystic Lacrosse
Greg Roberts
www.grotonmysticlacrosse.org
grotonlax@gmail.com

Groton Mystic Youth Football League
GMFVP@yahoo.com

Groton Little League & Softball Little League
Doug Dickey
860-235-5824

Groton Babe Ruth
Sigfredo Hidalgo
Hidals@yahoo.com

Mystic Babe Ruth
Tom Taber
860-908-6566
mystic.baberuthonline.com

Mystic Little League
Jeff Lalima
860-572-7793

Scholarship Application

Please follow these steps to apply. GROTON RESIDENTS ONLY

Applicant must appear in person (mail-in information is not accepted)

Must bring completed scholarship and registration forms between 8:30 AM - 3:45 PM to: Groton Parks and Recreation Office (860-536-5680) at 27 Spicer Ave, Noank (using GPS: enter 1 Wilbur Ct, Noank for accurate directions)

Documents to bring for ALL HOUSEHOLD members:

- ☐ Proof of Wages/Earnings for the past four (4) weeks/month for all working Household members
- ☐ Alimony
- ☐ Social Security Income/Disability
- ☐ Child Support
- ☐ Other Income
- Proof of Supplemental Income from State to include:**

☐ Rent Assistance (Rental Agreement)

☐ Food Subsidies (SNAP)

☐ Unemployment

☐ Cash Assistance from State of Connecticut

COMPLETE

Address, Town, Zip

Primary Phone

E-Mail

HOUSEHOLD MEMBERS (Names of ALL people residing at this address.)

Name	Relationship	Date of Birth
	SELF	

I acknowledge that the information supplied by me to be true to the best of my knowledge.

Applicant's Signature

Date

HOUSEHOLD INCOME

Source	Wages / Income
Total Monthly Income (All Sources)	
Processed by:	Date:

FOR OFFICE USE ONLY

Source	Wages / Income
Scholarship Percentage Awarded	
(fees reduced by this amount)	

Recreation Winter/Spring 2016 Registration Form

Parent or legal guardian must complete this form.

Adult First & Last Name

E-mail

Use address and contact information already on file.
☐ If checked, continue with participant information.

Address

City

State

Zip

Home Phone

Work Phone

Emerg Phone

Cell Phone

PARTICIPANT INFORMATION

Activity #	First Name	Last Name	Date of Birth	Sex	Permission to use photo for print and on-line marketing Y/N	Activity Name	Fee

Join others who support the Groton Parks Foundation in providing funding for needed parks projects in our community.

☐ \$1

☐ \$10

☐ \$50

☐ Other

Total Fees:

Checks payable to: "Groton Parks and Recreation"

- * Proper payment must accompany this form.
- * Registrations with insufficient payments will not be processed.

Comments

Volunteers: Please send me information on Volunteer Opportunities (list your interests above).

PARTICIPATION RELEASE WAIVER

In consideration of my participation or that of my above named child(ren) in activities conducted and/or sponsored by the Town of Groton Parks and Recreation Department, I acknowledge that such activities are potentially hazardous and pose a risk of injuries that can be significant and that I assume such risks. I agree to release, hold harmless and waive any claims that might arise against the Town of Groton Parks and Recreation Department, the Town of Groton, and their officials, representatives, agents and employees on account of any and all injuries and claims of injury to person while participating in and/or traveling to and/or from said activities.

By my signature below, I agree to the provisions of paragraph above:

Signature:

Date:

Mail to:

Groton Parks and Recreation
27 Spicer Avenue
Noank, CT 06340-5659

Modification Requested 3/494903-01

Groton Parks and Recreation Welcomes everyone! Use the comment box or attach a separate sheet to alert us of any special health concerns, accessibility issues or behavioral needs or to request a modification.

Please register as early as possible so that we can plan accordingly. You will be contacted for additional information if needed.

GROTON PARKS & RECREATION DEPT.

27 SPICER AVENUE

NOANK, CT 06340-5659

*****ECRWSSSEDDM*****

Local Postal Customer

PRSRTD STD

US POSTAGE

PAID

NEW LONDON CT

PERMIT NO #378

Insuring Your Tomorrows Since 1890

That's over 120 years of professional service.

BAILEY
AGENCIES
INSURANCE

Home | Auto | Commercial | Life | Health

John F. Scott IV, CIC

Owner/Agent

New Location at 15 Thames Street in Groton!

860.446.8255

15 Thames Street, Groton | baileyagencies.com

